

# DIABETES IN KENTUCKY AFRICAN AMERICANS

2007

## DIABETES IS A COMMON DISEASE

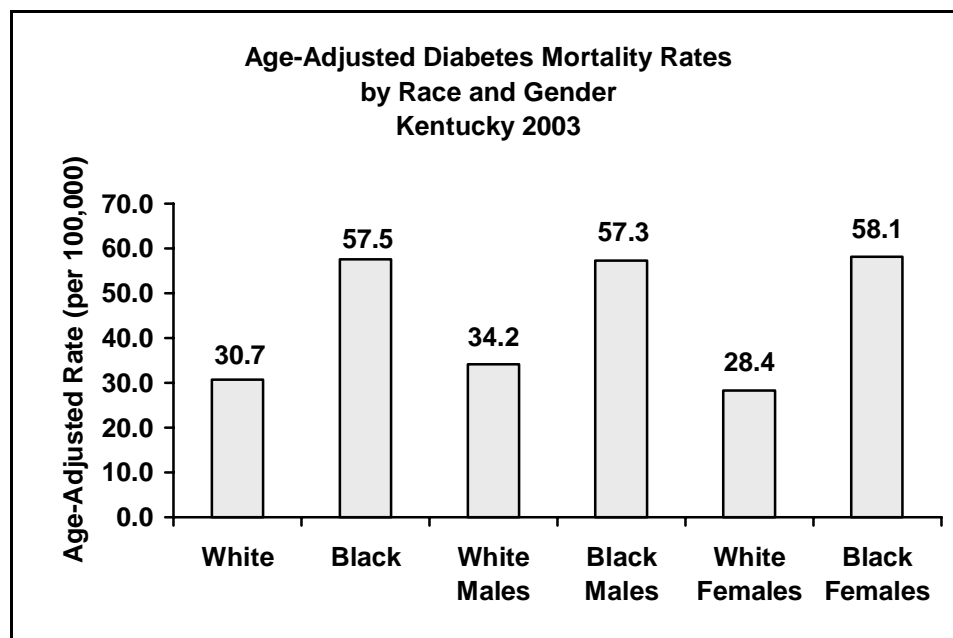
- In general, African Americans have a higher prevalence of diabetes than Whites, and this is true in Kentucky. An estimated **17.4%** of the adult African American population in Kentucky has diabetes (2005). The rate of diagnosed diabetes is about **two times higher** in African American Kentuckians than White Kentuckians.
- In 2003, diabetes was the 6<sup>th</sup> leading cause of death in Kentucky, but it was the **4<sup>th</sup> leading cause of death among African Americans in Kentucky**.

**Kentucky Adults with Diagnosed Diabetes, 2005**

Race	Percent
Black	17.4%
White	8.5%

\*The number of respondents who indicated a race other than White or Black was too few to be analyzed separately. Hispanic ethnicity is not analyzed separately.

- Mortality rates due to diabetes are higher among the African American population than the White population in Kentucky. In fact, the age-adjusted death rate due to diabetes for African Americans (57.5 per 100,000) in 2003 was nearly twice the comparable rate for the White population (30.7).
- The diabetes mortality rate for Black males was 1.7 times that of White males, while the death rate for Black females was about twice that of White females.



## DIABETES IS A CONTROLLABLE DISEASE

- Much of the sickness and death associated with diabetes can be eliminated through treatment approaches to normalize blood glucose levels including routine physician visits, self-management training, yearly dilated eye exams, routine foot exams, and A1C checks.
- The table below shows the preventive care practices reported by individuals with diabetes. Improvement has been shown in diabetes care disparities in the African American population compared to the White population.

**Preventive Care Practices of Adults Diagnosed with Diabetes, Kentucky**

Preventive Care Practice	Statewide		White		Black	
	2002 2003	2004 2005	2002 2003	2004 2005	2002 2003	2004 2005
Saw a health professional for diabetes $\geq 1$ time in the past year	94%	92%	94%	91%	98%	93%
Ever taken a course or class in how to manage diabetes	44%	47%	44%	46%	53%	59%
Checked blood glucose $\geq 1$ time per day	64%	66%	64%	67%	64%	59%
Received a dilated eye exam in the past year	70%	71%	69%	69%	88%	84%
Received a foot exam $\geq 1$ time in the past year	63%	63%	62%	63%	79%	66%
Received a flu vaccination in last year	55%	49%	56%	51%	56%	42%
Ever received a pneumonia vaccine	44%	45%	44%	46%	47%	36%
Had A1C checked $\geq 2$ times in the past year	59%	62%	59%	61%	66%	65%

**Data Sources:** Kentucky Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention; mortality data from Surveillance and Health Data Branch, KY Department for Public Health

*Diabetes is a **common, serious, costly, and controllable** disease that affects thousands of individuals in Kentucky and poses a major public health problem.*

